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| 1 Gate Dribbling | - every player with a ball  
- one more gate than the number of players  
- must dribble through free gate  
- 1 point for each gate  
- play again, improve by 1 point | ![Diagram](www.sports-graphics.com) | - see ball through bottom of eyes  
- keep ball rolling  
- use foot brake  
- different surfaces |
| 2 Stop & Go | - every player dribbling a ball  
- on whistle, players stop ball and then go with speed  
- coach demonstrates stop & go, and players try to copy  
- players invent their own stop & go  
- coach observes, and choose players to demonstrate their stop & go for others to copy | ![Diagram](www.sports-graphics.com) | - see ball through bottom of eyes  
- speed up after stop  
- change of direction  
- different surfaces |
| Pac-Man | - two or three players are “it” to start, and have balls  
|         | - if you are “it”, try to dribble and hit others with passes below the knees  
|         | - players who are not “it” may run and jump to avoid being hit  
|         | - if you are hit with a pass, you become “it” too | - keep ball rolling  
|         | *- keep ball rolling*  
|         | - eyes up to find space and who is “it”  
|         | - change direction and speed  
|         | - fake passes | - keep ball rolling  
| Knockout | - every player dribbling a ball  
|         | - try to kick other players’ balls off the field  
|         | if your ball stops rolling or is kicked out, then you must do two juggles before you return to the game | - body between ball and other players  
|         | - see ball through the bottom of your eyes |
### Lesson Plan

**2v2 “Get Outta There”**

- coach as boss of the balls
- coach passes ball onto field to start play
- two players from each team play until a goal is scored or the ball goes out of bounds
- out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball
- goal is scored, 2 who scored stay on, and two new players from the other team play against them

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**Diagram:**

- see ball through bottom of eyes
- keep ball rolling
- first try to solve game by dribbling
- player w/o ball find big, easy spot to receive a pass

**Notes:**

- X & O = players
- C = coach
- . = ball